



Texas Diabetes Fact Sheet 2004

Diabetes in Children

Diabetes in childhood is mainly type 1, an autoimmune disorder that destroys insulin-producing cells, requiring multiple daily insulin injections or a pump. It is estimated that approximately 1 in 400-500 (10,000) Texas children have type 1 diabetes. It is the second most prevalent chronic disease of childhood (after asthma).

However, the incidence of type 2 diabetes has been increasing dramatically in recent years. A number of studies indicate that from 8 to 45 percent of newly diagnosed cases in children is type 2. Most of these children are overweight or obese.¹

Prevalence of Diagnosed Diabetes in Adults 18 Years and Older

An estimated 1.3 million (8.1%) of adults in Texas have been diagnosed with diabetes (Texas BRFSS 2003).

Prevalence of Undiagnosed Diabetes in Adults 20 Years and Older

Another estimated 343,000 of adults in Texas are believed to have undiagnosed diabetes (Based on NHANES age-adjusted prevalence estimate of 2.4).²

Deaths Among Persons with Diabetes

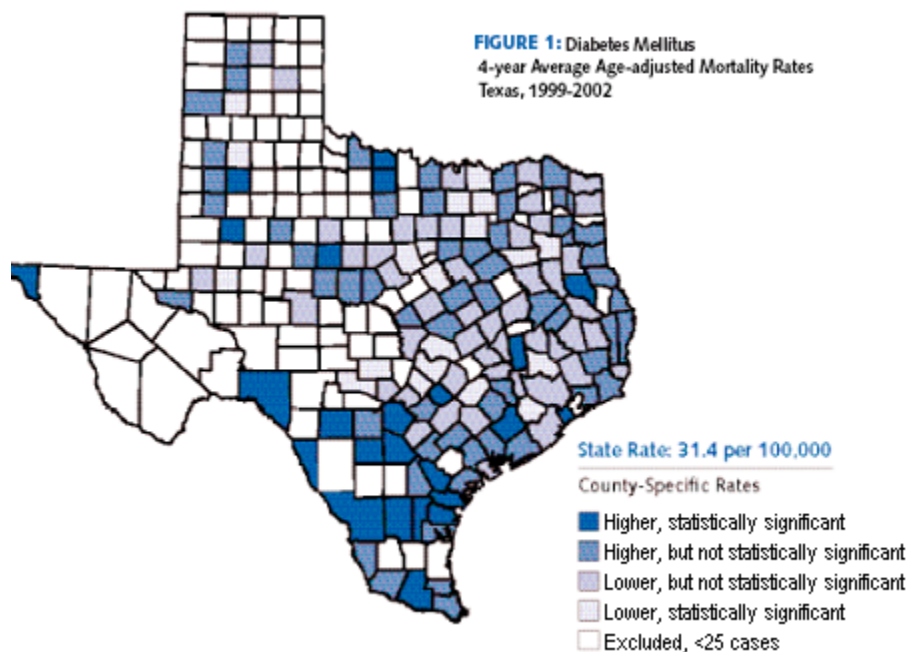
According to 2002 death certificate data, diabetes is the sixth leading cause of death in Texas. It is the fourth leading cause of death in both African Americans and Hispanics/Latinos. 5,650 deaths were directly attributed to diabetes in 2002, and it was a

¹ American Diabetes Association. *Type 2 Diabetes in Children*. [Consensus Statement]. Diabetes Care 2000;23:381-9.

² Centers for Disease Control and Prevention. *Prevalence of Diabetes and Impaired Fasting Glucose in Adults, United States, 1999-2000*. MMWR. September 5, 2003; 52(35);833-837.

contributing cause of death in an additional 17,423 deaths. Diabetes is believed to be under-reported on death certificates, both as a condition and as a cause of death.

For the combined years of 1999 through 2002, twenty-four Texas counties had mortality rates that were significantly higher statistically than the state as a whole. (See Figure 1.) The average age-adjusted mortality rate for the State of Texas was 31.4 per 100,000 during the same period.



Diagnosed Diabetes by Race/Ethnicity in Adults 18 and Older (2003)

Number and percentage of people who reported being diagnosed with diabetes:

White	683,000 (07.9%)
African American	184,000 (10.5%)
Hispanic/Latino	372,000 (07.8%)
Other	42,000 (07.3%)

Prevalence of Diagnosed Diabetes by Sex in Adults 18 and Older (2003)

Men	613,000 (07.9%)
Women	660,000 (08.2%)

Prevalence of Diagnosed Diabetes by Age (2003)

Age 18-29.....	44,000 (01.1%)
Age 30-44.....	233,000 (04.7%)
Age 45-64.....	628,000 (13.3%)
Age 65+.....	352,000 (16.3%)

**People 18 Years and Older with Diagnosed Diabetes in Texas by Race/Ethnicity
Who Were Without Any Kind of Health Care Coverage (2003)**

White	84,000 (12.4%)
African Americans	36,000 (19.8%)
Hispanic/Latino.....	142,000 (38.2%)